

Game Rules

Number of Players

- Each team should have 9 players.
 - A maximum of 6 players should be on the field at one time.
 - Subbing out of players must occur before a play begins.

Time Outs

- Each team is allowed one 30 second time out per half.

Kick Offs

- A coin toss or a game of Rock-Paper-Scissors will decide who will have the first opportunity to be on offense.
- Kick-Offs occur at the start of each half and after every touchdown. After touchdowns, the team who scored kicks off to the opposing team.
- Kick Offs can be:
 - Kicked
 - Thrown
 - Automatic. Meaning each team will start from a pre-determined place on the field.

Downs

- Each team is allowed 4 attempts (“downs”) after they achieve possession of the ball (either through kick-off or fumble recovery) to score. After the fourth attempt, the ball turns over to the opposing team through a punt from the receiving teams “end zone”.
- Neither team has the opportunity to gain a new “first down” via the accumulation of yards or receptions.
- In the event that a team on offense does not score within their 4 downs, the ball changes possession at the yard line where the offensive team last had possession.
- There is no option to “punt” on fourth down.

Blitzing, Blocking, and Line of Scrimmage

- After the ball is snapped, the defense must wait five seconds before crossing the line of scrimmage.
- Conversely, the quarterback must wait five seconds after the ball is snapped before making forward progress across the line of scrimmage.
- If the offense decides to “hand-off” or “lateral,” (pass or exchange the ball backwards and behind the line of scrimmage to another player), in order to run the ball forward, the defense is then allowed to “blitz,” pass the line of scrimmage prior to the 5-second count.
- There should be no blocking on run, pass, or any other plays. A team whose player initiates a block shall be assessed a 10 yard penalty from the spot of the ball and shall forfeit a down.

Scoring

- End zones will be agreed upon by teams prior to the start of the game, depending on length of field.
- Each touchdown will result in 7 points.
- There will be no field goals.
- There will be no Point After Attempts (PATs) or Two-Point Conversion Attempts after touchdowns.

Line of Scrimmage, Snap, and Motion

- After a ball is placed a team has 30 seconds to snap the ball.
- The ball does not need to be physically snapped between a Center and QB. The QB can mime the snap, but must provide a cadence (set hut, hike, go, etc.)
- All players except the QB can be in motion prior to the snap, however they can only move parallel to the line of scrimmage. There can be no motion moving toward the line of scrimmage prior to the snap.

Fumbles and Incomplete Passes

- A fumble occurs if a player loses possession (either by force or accident) after holding full possession of the ball. When the ball is recovered, it becomes the possession of the recovering team and is considered a dead ball, at which point the play stops.
- If possession is lost simultaneously when a player hits the ground, it is not a catch.

Finish of Play

- A player and the ball are considered down once the runner has been tagged by all of a defensive player's hands.

End of Game

- Game lengths can be measured by either time or score.
 - If by time, we suggest 10 min running quarters (clock never stops). The winner is the team leading when time expires.
 - If by score, we suggest the first team to have 5 touchdowns wins. Half-time occurs after the third cumulative touchdown.

Player Conduct

- Defenders may not dive or leave their feet in an effort to tag a ball carrier.
- If a player falls to the ground while carrying the ball, or after a catch, the play is dead. A defender does not need to (and should not), tag or touch a player on the ground in order to prevent his or her advancement.
- Absolutely no tackling or tripping is allowed.
- Players who initiate or create physical contact with an opposing player, other than minor, incidental contact and appropriate two-handed touches on ball carriers, will be assessed a 15 yard penalty with an automatic first down awarded to the team on offense. Repeat offenders will be thrown out of the game.
- Players deemed to be creating an unsafe or overly aggressive environment will be thrown out of the game

*Rules can be changed or added. This must occur with the agreement of both captains prior to the start of the game and is done at your own risk.

Disclaimer

Each touch football player or participant agrees that by participating in this voluntary activity, which carries inherent risk of injury, he or she assumes all risk of injury and hereby releases, discharges, acquits, and covenants to hold harmless the John F. Kennedy Library Foundation and its representatives from any and all actions, causes of action, and claims on account of or in any way growing out of, directly or indirectly, all known and unknown personal injury or property damage which may result from his or her participation.